

Crushed Red Pepper A (90133)

26-Mar-19

Nutrient Analysis

Yield: 100.00 grams

Category: Ingredient

| Nutrient | Value | Unit | Goal | % |
|--------------------------|-----------|------|----------|-------|
| Weight | 100.000 | g | | |
| Kilocalories | 318.000 | kcal | 2000.000 | 16 % |
| Kilojoules | 1330.512 | kJ | | |
| Protein | 12.000 | g | 50.000 | 24 % |
| Carbohydrate | 56.611 | g | 275.000 | 21 % |
| Available Carbohydrate | | | | |
| Fat, Total | 17.278 | g | 78.000 | 22 % |
| Alcohol | 0.000 | g | | |
| Cholesterol | 0.000 | mg | 300.000 | 0 % |
| Saturated Fat | 3.278 | g | 20.000 | 16 % |
| Monounsaturated Fat | 2.722 | g | | |
| Polysaturated Fat | 8.389 | g | | |
| SFA 4:0 | 0.000 | g | | |
| SFA 6:0 | 0.000 | g | | |
| SFA 8:0 | 0.000 | g | | |
| SFA 10:0 | 0.056 | g | | |
| SFA 12:0, Lauric | 0.056 | g | | |
| SFA 14:0 | 0.111 | g | | |
| SFA 16:0, Palmitic | 2.333 | g | | |
| SFA 17:0 | | | | |
| SFA 18:0, Stearic | 0.500 | g | | |
| SFA 20:0 | | | | |
| SFA 22:0 | | | | |
| MFA 14:1 | | | | |
| MFA 16:1 | 0.222 | g | | |
| MFA 18:1, Oleic | 2.500 | g | | |
| MFA 20:1 | 0.000 | g | | |
| MFA 22:1 | 0.000 | g | | |
| PFA 18:2, Linoleic | 7.722 | g | | |
| PFA 18:3, Linolenic | 0.667 | g | | |
| PFA 18:4 | 0.000 | g | | |
| PFA 20:4 | 0.000 | g | | |
| PFA 20:5, EPA | 0.000 | g | | |
| PFA 22:5 | 0.000 | g | | |
| PFA 22:6, DHA | 0.000 | g | | |
| Trans Fatty Acid | | | | |
| Sum of Trans Fat and Sat | | | | |
| Fat | | | | |
| Sodium | 30.000 | mg | 2300.000 | 1 % |
| Potassium | 2014.000 | mg | 4700.000 | 43 % |
| Chloride | | | 2300.000 | |
| Vitamin A (RE) | 4161.000 | RE | | |
| Vitamin A (IU) | 41610.000 | IU | 5000.000 | 832 % |
| Vitamin A (RAE) | 2081.000 | mcg | 900.000 | 231 % |
| Total Carotenoid | 0.000 | RE | | |
| Beta-Carotene | 21840.000 | mcg | | |
| Alpha-Carotene | 0.000 | mcg | | |
| Lutein (+ Zeaxanthin) | 13157.000 | mcg | | |
| Beta-Cryptoxanthin | 6252.000 | mcg | | |
| Lycopene | 0.000 | mcg | | |
| Vitamin C | 76.389 | mg | 90.000 | 85 % |
| Calcium | 148.000 | mg | 1300.000 | 11 % |
| Iron | 7.778 | mg | 18.000 | 43 % |
| Vitamin D (ug) | 0.000 | mcg | 20.000 | 0 % |
| Vitamin D (IU) | 0.000 | IU | 400.000 | 0 % |
| Vitamin E (mg) | | | 20.000 | |
| Vitamin E (IU) | | | 30.000 | |
| Vitamin E | 29.833 | mg | 15.000 | 199 % |
| (Alpha-Tocopherol) | | | | |
| Thiamin | 0.333 | mg | 1.200 | 28 % |
| Riboflavin | 0.944 | mg | 1.300 | 73 % |
| Niacin | 8.722 | mg | 20.000 | 44 % |

| Nutrient | Value | Unit | Goal | % |
|-------------------------|---------|------|----------|-------|
| Niacin Equivalent | | mg | 16.000 | |
| Pyridoxine (Vitamin B6) | 2.444 | mg | 1.700 | 144 % |
| Folate (Total) | 106.000 | mcg | 400.000 | 27 % |
| Folate (DFE) | 106.000 | mcg | 400.000 | 27 % |
| Folic Acid | | mcg | | |
| Cobalamin (Vitamin B12) | 0.000 | mcg | 2.400 | 0 % |
| Biotin | | mcg | 30.000 | |
| Pantothenic Acid | | mg | 5.000 | |
| Vitamin K | 80.278 | mcg | 120.000 | 67 % |
| Phosphorus | 293.000 | mg | 1250.000 | 23 % |
| Iodine | | mcg | 150.000 | |
| Magnesium | 152.000 | mg | 420.000 | 36 % |
| Zinc | 2.500 | mg | 11.000 | 23 % |
| Copper | 0.389 | mg | 0.900 | 43 % |
| Manganese | 2.000 | mg | 2.300 | 87 % |
| Selenium | 8.778 | mcg | 55.000 | 16 % |
| Fluoride | | mcg | | |
| Chromium | | mg | 0.035 | |
| Molybdenum | | mcg | 45.000 | |
| Choline | | mg | 550.000 | |
| Dietary Fiber, Total | 27.222 | g | 28.000 | 97 % |
| Soluble Fiber | | g | | |
| Insoluble Fiber | | g | | |
| Crude Fiber | | g | | |
| Sugar, Total | 10.333 | g | | |
| Added Sugars | 0.000 | g | 50.000 | |
| Glucose | | g | | |
| Galactose | | g | | |
| Fructose | | g | | |
| Sucrose | | g | | |
| Lactose | | g | | |
| Maltose | | g | | |
| Tryptophan | | mg | | |
| Threonine | | mg | | |
| Isoleucine | | mg | | |
| Leucine | | mg | | |
| Lysine | | mg | | |
| Methionine | | mg | | |
| Cystine | | mg | | |
| Phenylalanine | | mg | | |
| Tyrosine | | mg | | |
| Valine | | mg | | |
| Arginine | | mg | | |
| Histidine | | mg | | |
| Alanine | | mg | | |
| Aspartic Acid | | mg | | |
| Glutamic Acid | | mg | | |
| Glycine | | mg | | |
| Proline | | mg | | |
| Serine | | mg | | |
| Glutamine | | mg | | |
| Taurine | | mg | | |
| Moisture | 8.056 | g | | |
| Ash | 6.056 | g | | |
| Caffeine | 0.000 | mg | | |
| Osmolality | | mo | | |
| Salt | | g | | |
| Sugar Alcohol | | g | | |
| Other Carbohydrate | | g | | |

Percentage of Kcals

| | |
|--------------|-------|
| Protein | 11.2% |
| Carbohydrate | 52.7% |
| Fat, total | 36.2% |
| Alcohol | 0.0% |

Ingredient Statement: Red Pepper and Safflower Oil (Processing Aid)



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